

WILD & WELL PMA WELCOME PACKET



www.wildandwellwoman.com





Welcome to *Wild & Well Private Member Association*.
I'm so honoured to have you here.

By joining this sacred space, you've stepped into a circle rooted in **sovereignty, trust, and ancestral wisdom**. This is not a typical practitioner-client relationship, it is a private, intentional connection built on shared values of natural healing, feminine rhythm, and deep self-responsibility.

Within this private association, I offer:
Traditional and spiritual wellness guidance
Herbal and homeopathic education
Menstrual and life-cycle support
Emotional, energetic, and ritual care for women in transition

Everything we explore together remains **confidential and held in the private domain**, where your personal healing path is respected and protected.

Next steps:

- If you haven't already, please complete and sign the Membership Agreement [link or attach].
- Once that's complete, I'll follow up with booking details or resources just for you.

Thank you for choosing to walk this path with me.

With grounded care,

Sasha Hunke

Founder, *Wild & Well PMA*

wildandwellwoman.com | hello@wildandwellwoman.com

WELCOME





MEET YOUR GUIDE



Sasha Marie

Homeopath and Women's Wellness Guide

✉ hello@reallygreatsite.com

I'm a homeopath, herbalist, and women's health guide passionate about supporting women through the deep transitions of life: first cycles, pregnancy/birth, postpartum, and menopause.

My work combines evidence-based care with intuition, plant wisdom, and homeopathic medicine.

I trained at the Centre for Homeopathic Education (CHE), where I deepened my understanding of classical and integrative homeopathy. I have taken numerous courses and webinars on Plant Medicines and Homeopathy including:

- Herbal Pharmacy
- Herbal Pregnancy & Childbirth
- Matridonal Remedies
- Managing Menopause Naturally Masterclass for Health Professionals

I hold space for healing that's personal, gentle, and rooted in the belief that our bodies know how to come home to balance when truly supported.

Rooted in raw nature, nourished by homeopathy.



DECLARATION

The purpose of this association is to provide a private, spiritual, and educational space for women seeking sovereign, holistic approaches to health, healing, and life transitions.

We serve women through traditional modalities such as homeopathy, herbal medicine, intuitive guidance, cyclical wisdom, and Earth-based healing practices.

This association exists to protect the natural rights of its members to receive and offer support, education, and care in alignment with ancestral, traditional, and intuitive knowledge.

Wild & Well PMA operates within the private domain, offering educational and spiritual guidance solely to its members. It is important to note that this association is not open to the public and is not subject to public regulation. All services are offered under the protections of private contract, freedom of association, and spiritual practice.

Types of Offerings

Within the Wild & Well PMA, members may engage in:

- Private educational consultations
- Spiritual and traditional wellness mentorship
- Cyclical and hormonal awareness guidance
- Emotional and energetic support using flower essences, homeopathy, and herbal allies
- Custom self-care and ritual planning rooted in ancestral wisdom
- Ceremonial support for rites of passage (first menarche, birth, menopause, etc.)

All services are shared as educational and spiritual offerings, not as medical advice or public health care. You can view these services in detail below.

Sasha Marie

Homeopath and Women's Wellness Guide



MEMBERSHIP PACKAGES

Option A: Basic Access Membership

Includes:

- ✓ Legal access to private services
- ✓ Membership welcome packet
- ✓ Invitations to book sessions

Price:

\$45 /year

Option B: Access + Value Membership

Includes:

- ✓ Everything in Basic
- ✓ Seasonal content (e.g. cycle tracking tools, tea guides)
- ✓ Light digital perks (like early booking or member-only resources)

Price:

\$75 /year

Option C: Full Community Membership

Includes:

- ✓ Everything above
- ✓ 1 follow-up consult included
- ✓ Discounts on sessions or remedies
- ✓ Priority booking

Price:

\$125 /year



CONSULTATION INFORMATION

01

Initial Consultation

This foundational session is where we begin your care journey.

Together, we'll explore:

- Your health story and emotional landscape
- Any current imbalances or transitions you're experiencing
- What wellness looks and feels like for you
- What kind of support is most aligned

You'll receive personalized homeopathic guidance, herbal suggestions and lifestyle recommendations that are tailored to your unique needs. This session is the grounded starting point for deeper healing.

02

Preparation

Here are a few ways to prepare:

- Find a quiet, comfortable space (if your session is online)
- Bring water, a notebook, and an idea of what you would like to prioritize for your health.
- Optional: Reflect on how you've been feeling, not just physically but emotionally, energetically as well.
- Be sure you have signed the PMA Agreement.

If you're booked for a Clarity Chat, no prep is needed — just come as you are.

03

Details

- Location: Online (Zoom link will be emailed automatically upon booking and be contained in reminder emails).
- Clarity Chat – 15 minutes
- Wild & Well Initial – 75-90 minutes
- Wild & Well Follow-Up – 30-45 minutes
- Payment: Due at time of booking via [e-transfer or Paypal]
- Reminders: You'll receive an email before your session.





CONSULTATION INFORMATION

04

Policies

Cancellations & Rescheduling

Please provide at least 24 hours' notice if you need to cancel or reschedule.

Sessions canceled with less than 24 hours' notice may be subject to a 50% fee.

No-shows will be charged in full.

05

Confidentiality

All information shared is held in strict confidence and used solely for the purpose of providing you with the most personalized care.

A consent form will be provided upon booking.

06

Afterwards

After your Wild & Well Initial, you may receive:

- A follow-up email containing your personalized 3 week wellness plan + information on how to take the remedy.
- Custom herbal supports or lifestyle suggestions
- A FAQ sheet on homeopathy

You're also welcome to reach out with quick questions during the 3 week wellness plan.



AGREEMENT

Here is a copy of the Private Membership Agreement for Your Records.

I keep a Signed Digital Copy.

This agreement is entered into between the undersigned individual (hereafter referred to as “Member”) and Wild & Well Private Member Association (hereafter referred to as “Wild & Well PMA”).

By signing this agreement, the Member affirms that they have read, understood, and voluntarily agree to the following terms:

1. Private Domain Acknowledgment

I understand that Wild & Well PMA operates within the private domain, offering educational and spiritual guidance solely to its members.

I acknowledge that this association is not open to the public and is not subject to public regulation. All services are offered under the protections of private contract, freedom of association, and spiritual practice.

2. Nature of Services

I understand that all offerings within Wild & Well PMA, including but not limited to wellness consultations, homeopathy education, herbal guidance, menstrual and life-cycle mentorship, and emotional or spiritual support:

- Are provided for educational, traditional, or spiritual purposes only
- Are not medical advice, diagnosis, treatment, or therapy
- Are not a substitute for licensed medical care
- Are received at my own discretion and responsibility

3. Confidentiality & Integrity

I understand that:

- All communications, services, and content are private and confidential
- I may not share or publish materials or content from Wild & Well PMA outside the association without written permission



AGREEMENT

4. Membership Terms

As a member, I agree to:

- Engage with Wild & Well PMA respectfully, in alignment with its purpose
- Keep materials, recordings, or shared information within the private domain
- Refrain from sharing PMA content publicly or using it for legal or commercial purposes outside the PMA
- Accept full responsibility for my health decisions and practices
- Waive any and all liability against Wild & Well PMA, its founder(s), and participants for outcomes related to my participation

Membership may be discontinued by either party at any time.

5. Voluntary Agreement

I join Wild & Well PMA of my own free will, under no duress or coercion.

I affirm that I have read and understand the PMA Declaration and this Membership Agreement, and agree to abide by the principles of private association and mutual respect.

Sasha Marie

Homeopath and Women's Wellness Guide

What You're Agreeing To

By joining the Wild & Well PMA, you are:

- Choosing to receive education, guidance, and support for your wellness journey
- Acknowledging that my services are not medical advice and are not meant to diagnose, treat, or prescribe
- Agreeing to keep all materials, session content, and resources within the private space of this agreement
- Committing to take personal responsibility for your own health and healing path

Confidential & Private

Everything shared within the PMA (from consultations to documents to ceremony invitations) is offered confidentially and privately, only to members like you. We ask that nothing be shared publicly, reproduced, or disclosed outside the circle.

This is how we preserve the sacred nature of this space and protect each other's sovereignty.





SERVICES OFFERED

I offer personalized, holistic care for women through homeopathy, plant medicine, and intuitive support. My services are designed to support you through the start of menarche, pregnancy, birth, postpartum, menopause and other life transitions with natural, grounded, and responsive care.

Services include:

- **1:1 Homeopathic Consultations** for chronic or ongoing concerns
 - **Acute Care Sessions** for short-term or sudden needs
 - **Birth Preparation Support** with guidance on remedies and a Helios birth kit
 - **In-Person Birth Support Package** with care from pregnancy through postpartum
 - **Clarity Calls** to connect and explore whether we're a good fit
-

01

Clarity Call | Let's Connect First

This free 15-minute call is a chance for us to connect, explore what you're needing support with, and see if working together feels like the right fit. Whether you're curious about homeopathy, birth support, or herbal care, this is a no-pressure space to ask questions and share your story.

What to expect:

- A relaxed conversation to learn more about you and what you're seeking
- An overview of how I work and what I offer
- Space to explore which service or package may best meet your needs
- An opportunity to feel into whether this support aligns with where you are

There's no obligation, just an open-hearted conversation to begin your journey with clarity.



02

Wild & Well Initial Consultation

This one-on-one session is designed to explore your physical, emotional, and energetic state so we can select the most aligned homeopathic remedy for where you are in your journey. Whether you're navigating hormonal shifts, emotional overwhelm, or chronic symptoms, we'll take the time to understand your full picture.

What's included:

- A thorough intake exploring current symptoms, emotional patterns, health history, and lifestyle
- Individualized homeopathic remedy recommendation
- Plant medicine or lifestyle suggestions when appropriate
- Ongoing email/message support for clarification as needed

This is a space for being seen deeply (beyond just symptoms) so your care can be as unique as you are.

03

Wild & Well Follow-up Consultation

This session is a check-in to evaluate your progress, make any needed adjustments, and deepen your healing process. It's a time to reflect, refine, and reconnect.

What's included:

- Review of changes since your last remedy
- Adjustments to remedy, potency, or frequency if needed
- Continued support with new or evolving concerns
- Suggestions for supportive herbs, rituals, or resources

Follow-ups are essential for ongoing care, ensuring your healing path is responsive and rooted in your current needs and health goals.

04

Wild & Well Acute Consultation

A short, focused session for when something comes up and you need quick, natural support. Whether you're dealing with a sudden physical issue (like a cold, injury, or mastitis) or an emotional wobble, this is a space to find clarity and receive an acute homeopathic remedy recommendation.

What's included:

- A brief 30-45 minute consult focused on a single concern
- One acute remedy recommendation with dosage guidance
- Follow-up by message if needed for clarification

Perfect for in-the-moment support when you don't need a full intake but still want intuitive, personalized care.





05

The Remedy Path: Intuitive Birth & Homeopathy

This class is designed to empower you with knowledge of the most useful homeopathic remedies for labor and birth. You'll learn which remedies support different stages of birth, how and when to use them, and the proper dosing to feel confident and prepared.

Included in the class:

- A thorough overview of key homeopathic remedies commonly used during labor and birth
- Clear guidance on remedy timing, indications, and dosage
- Practical tips for self-care and partner support during birth
- A Helios Pregnancy & Childbirth Homeopathy Kit with a detailed manual/guidebook to accompany you through your birth journey

This class is perfect for anyone seeking natural, accessible tools to complement their birth plan and feel more in control during labor.

06

Rooted Birth Support

This personalized service equips you with essential knowledge about the most effective homeopathic remedies to support you during labor and birth. You'll receive clear guidance on when to use each remedy, how to dose them safely, and practical advice to confidently navigate your birth experience.

What's included:

- A personalized consultation covering key homeopathic remedies for labor and birth
- Step-by-step instructions on remedy timing, indications, and dosage
- Tips for self-care and support during labor
- A Helios Pregnancy & Childbirth Homeopathy Kit complete with a detailed manual/guidebook to guide you through your birth journey

This package is ideal for those wanting natural, empowering tools to complement their birth plan and increase confidence during labor.





NEXT STEPS

Next Steps:

- 1) Sign the Membership Agreement
- 2) Book your first session
- 3) Begin your personalized wellness journey



Thank you!

Optional: Join our member-only mailing list, ceremonies, or moon gatherings.



hello@wildandwellwoman.com
www.wildandwellwoman.com

*Homeopathy, herbs, and intuitive care for women walking the path of change -
naturally and powerfully.*

FAQS



What is homeopathy?

A natural system of medicine using diluted remedies to gently stimulate your body's own healing response.

How is it different from herbal medicine?

Herbal medicine works biochemically; homeopathy works energetically, based on your unique symptom pattern(s).

What happens in a consult?

We explore your physical, emotional, and energetic state, while digging into your health goals, to find the remedy that best matches you.

How do I take the remedies?

Remedies are taken as tiny pellets or drops, with simple instructions I'll provide.

How quickly will I feel better?

Acute issues may improve within hours or days; deeper concerns take more time and follow-up. Homeopathy is gentle, and the goal is always to use the lowest dose needed for the greatest effect.

Is it safe in pregnancy and postpartum?

Yes! Homeopathy is gentle, non-toxic, and safe during pregnancy, birth, and breastfeeding.

Can I use it with other treatments?

Absolutely. Homeopathy can safely complement herbs, supplements, and conventional allopathic medicine.

Do you offer virtual appointments?

Yes, most consults can be done online, with in-person options for local clients.

I'm not sure if it's right for me.

Book a free Clarity Call! We'll talk about your needs and see if it's a good fit.

FAQS



FAQ: The PMA in Practice

Q: What does it mean that this is private?

A: It means you're entering into a private contract, not public healthcare. Our relationship is educational, spiritual, and consensual and rooted in tradition, not regulation.

Q: Can I talk about this with others?

A: Of course! But please don't share materials, resources, or session content without written permission.

Q: Are you a doctor or licensed practitioner?

A: I am a wellness guide, herbalist, and a licensed homeopath working in the private domain. I am not a doctor as I do not diagnose, treat, or prescribe.

Q: What kind of services do you offer?

A: One-on-one consultations, homeopathic and herbal guidance, cycle support, ceremony, and traditional wellness education for women in all life phases.

Q: How do I book with you?

A: After joining, you'll receive a link to my private booking calendar and client intake forms.